



CAPOGNA ORTHODONTICS

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Retainer Instructions

When to Wear your Retainers

- Retainers are to be worn **24 HOURS A DAY** for the first 6 months.
- After 6 months, the retainers should be worn when you are **AT HOME AND SLEEPING**.
- **IF YOU DO NOT WEAR YOUR RETAINERS, YOUR TEETH WILL SHIFT!!**

When to Remove your Retainers

- Take your retainers out to **EAT & DRINK (you can keep them in to drink cold or room temperature water)**. **NEVER PUT YOUR RETAINERS IN A NAPKIN OR ON YOUR LUNCH TRAY...THEY WILL GET THROWN AWAY!! ALWAYS put them directly into a case!**
- You must take retainers out when you are **BRUSHING YOUR TEETH**.

Cleaning your Retainers

- Brush your retainers with cold water, a toothbrush, and any toothpaste **EVERY DAY**.
- Once or twice a week you should soak your retainers in either a mix of ½ white vinegar and ½ water, peroxide with water or a **CLEAR MOUTHWASH**, such as Listerine Whitening.
- **REMEMBER**, especially with clear retainers, only soak in colorless liquids, as the retainer material will pick up the color of the rinse.

Adjusting to your Retainers

- Your speech may be slightly affected for the first few days of wearing your retainers. **DO NOT TAKE THE RETAINERS OUT TO TALK!** The more you wear your retainers, the quicker your speech will adjust back to normal.
- You may also have **EXTRA SALIVA** in your mouth initially when wearing your retainers. After a few days, the excess saliva will decrease.

Caring for your Retainers

- If you go to the beach or the pool, take retainers out and **LEAVE THEM AT HOME**.
- If you play contact sports and have to wear a mouth guard, take your retainers out, but **ALWAYS** put them in the case.
- If you drop your retainers on the ground, **DO NOT PUT THEM IN HOT OR BOILING WATER**.
- You may not drink hot liquids with retainers in your mouth: i.e. coffee, tea, soup, hot chocolate.
- With clear retainers, **DO NOT DRINK OR EAT ANYTHING** with them except water.
- Keep retainers **AWAY FROM DOGS AND CATS**. Pets have been known to chew through retainer cases and your retainer.
- **DO NOT USE YOUR TONGUE TO REMOVE RETAINERS!** This will loosen your retainers and allow teeth to shift.
- **DO NOT BITE RETAINERS INTO PLACE!** Use your fingers to push them onto your teeth when you insert them.
- If you feel a rough edge in your clear retainer, you may use a nail file to smooth it down.
- **BRING RETAINERS TO ALL RETAINER CHECK APPOINTMENTS**, so that they can be adjusted if needed.